

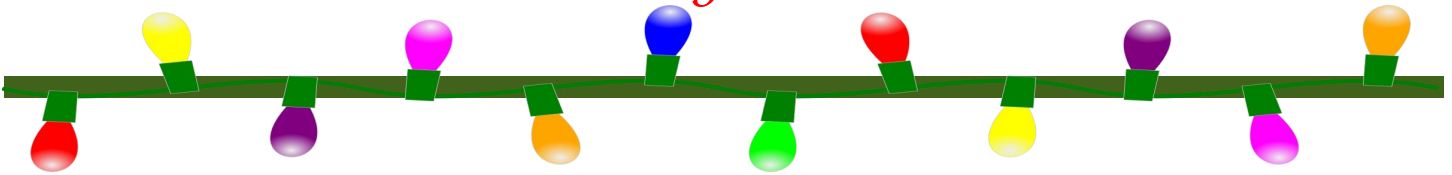
I Speak

Independence • Success • Power • Education • Advocate • Knowledge

Holiday Edition

Ed. 7

Dec. 2018



Welcome to the “Holiday Edition”, the seventh installment of *I Speak*. This newsletter was created to give readers such as yourself the opportunity to express your ideas, learn information, and provide support for self-advocates and their allies.

If you would like to join our newsletter team, please contact Debbie Marshall at (619) 688-4236 or debbie.marshall@scdd.ca.gov.

Our Newsletter Creation Team:

Adrian S., Alicia C., Arturo V., Asia S., Becky H., Briana R., Alison P., Demra H., Debbie M., Loren H., Mary M., Michael L., Noah D., Paul M., Phillip L., Randy S., Rebecca H., Rissa C. and Robert S.

My holiday traditions

by: Big Rob



During in the first week of December, my family likes to decorate the outside of our house and then decorate the inside. While we decorate, we listen to Christmas music and watch a Christmas themed movie. “Frosty the Snowman”, “Santa Claus is Coming To Town”, “Rudolph the Red Nosed Reindeer”, “A Year Without Santa Claus”, “The Grinch”, or “The Little Drummer Boy” are some of our favorites. Then we go out to pick a Christmas tree. When we find the one we want, it is taken up to the trimmers to have the bottom trimmed so it is easy to put in the tree stand. We pay for the tree, tie it to the roof of our car, and take it home. We get the tree off of the car and put it in the stand. We make sure it does not lean before my mom trims the branches that are too long. Once we bring it inside, we decorate it with ornaments and lights, put our stockings on the mantel of the fire-place, and then go out to see lights around the neighborhood. I water the tree every other day. My mom takes me shopping so I can buy presents for the family that I wrap and put under the tree with other presents that my mom puts out. I like to feel them and try to guess what they are! On Christmas Eve we go to church. My sister and brother-in-law go to his parents to open gifts and when they return we eat dinner and open our gifts. After dinner, I look at the stuff that I got and go to bed.



Holiday list of things to do

by Alison Portner

Hello everyone out there, if you and your families are looking for some fun things to do during the holiday season here's a cool list! Please enjoy.

1. December Nights

Friday December 7th and 8th in Balboa Park. It's a free event. For more information please visit the website www.balboapark.org/decemberevents



2. Parade of Lights

Sunday December 9th and 16th at San Diego Bay. This is also a free event. For more information please visit the website www.sdparadeoflights.org

3. Liberty Station Hanukkah and Menorah lighting

Monday December 3rd in Liberty Station. For more information please visit the website www.libertystation.com



4. How The Grinch Stole Christmas– A Play

Starts Saturday November 3, 2018 and ends December 29th at The Old Globe Theatre in Balboa Park. Old Globe Theatre 1363 Old Globe Way San Diego, CA 92101. For tickets and show times please call 1 (619) 234-5623.



5. The Nutcracker– A Play

Starts Friday December 14th and ends December 23rd at the San Diego Civic Center Theatre. San Diego Civic Center Theatre 1100 Third Street San Diego, CA 92101. For show times and tickets please call 1 (619) 570-1100.

6. Nutcracker: The Four Realms Movie

Release date is Friday November 2nd. For show times and tickets please visit the website www.fandango.com. Or google your local movie theatre and look for the information on that website.

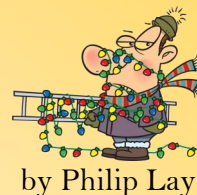


7. The Grinch Movie

Release date is Friday November 9th. For show times and tickets please visit the website www.fandango.com. Or google your local movie theatre and look for the information on that website.



Season of SAFETY



If you are leaving home for the holidays, place your lights on a timer so it appears someone is home.

Use battery operated candles when possible.



Try to only purchase things from secured websites.



Don't post on social media that you are traveling. Never advertise an empty house!

Don't forget to water your tree.



Dry trees are more likely to ignite.



Try not to leave packages unattended on your porch.

DON'T OVERLOAD YOUR ELECTRICAL SOCKETS.



GETTING RID OF THE HOLIDAY BLUES

By Randy I. Smith

- ◆ Go hang out at the malls and go window shopping
- ◆ Hang out with friends and family
- ◆ Go to the movies
- ◆ Go for walks, looking at all the holiday decorations
- ◆ Go and talk to family and friends about your problems
- ◆ Listen to music and holiday music
- ◆ Eat good food
- ◆ Look up free holiday events to do to save money



If you need more help be sure to reach out and talk to someone!

Holiday Cookie Recipe

by Mary Manos



Ingredients:

- 1 cup all purpose flour
- 1/2 teaspoon salt
- 1 cup (2 sticks butter) unsalted
- 3/4 cup packed brown sugar
- 1 large egg yolk
- 2/3 cup finely chopped toasted pecan, walnuts or almonds

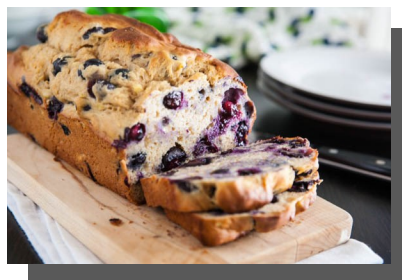
Steps:

1. Preheat oven to 325 degrees. Sift together flour and salt into a small bowl; set aside. Put butter and sugar in another bowl, use an electric mixer with a paddle attachment; mix on medium speed until smooth, about 3 minutes. Mix in egg yolk until combined. Reduce mixer speed to low. Add flour mixture and mix until combined. Mix in chopped nuts.

2. Using a 1 1/4-inch ice cream scoop, drop batter onto baking sheets lined with parchment paper, spacing it about 3 inches apart. Press one pecan half into the center of each scoop. Bake cookies, rotating sheets halfway through the bake time, until golden brown, About 12 to 15 minutes. Let cool completely on sheets or wire racks.

Banana Blueberry Bread

by Demra Henderson



Ingredients:

- 3 mashed bananas
- 1/2 cup blueberries
- 2 beaten eggs
- 8 tablespoons butter
- 1 cup sugar
- 1/2 teaspoon salt
- 1 teaspoon baking soda
- 1 1/4 cup flour

Steps:

1. Mix together butter and sugar
2. Stir in eggs and bananas
3. Slowly mix in salt, baking soda and flour
4. Fold in bananas and blueberries
5. Grease loaf tin so mixture won't stick
6. Pour mixture into loaf tin
7. Bake at 350 degrees for 30-40 mins
8. Check by sticking toothpick in center, if it comes out gooey leave in for a little longer
9. When done let bread cool off then enjoy



by Adrian Smith

My favorite holiday movie is “COCO”. It deals with the cultural and emotional aspects centered around the Day of the Dead. The general message from this movie is that even though your loved ones are gone, if you believe and remember them, they are alive within your heart.

I really enjoyed “COCO” because it taught many important lessons to take to heart.



Happy Holidays

The members of the ISPEAK Newsletter Creation Team would like to wish you a Happy Holiday Season and share a few of their favorite holiday traditions with their readers:

Bill: To spend the night with my brother, eat roast beef, Yorkshire rolls and take turns doing scratcher tickets.

Noah: To open presents on Christmas Eve.

MARY: TO SPEND TIME WITH MY SISTER.

Paul: To listen to Handel's Messiah on Christmas Eve.

Rob: To bring the Christmas spirit to others.

Loren: To spend time with family and have a good dinner.

Arturo: To celebrate with my family.

Tom: To be with family and eat turkey.

Randy: To spend time with friends, family, and loved ones.

Adrian: To open presents, spend time with family and friends, watch movies, and decorate the tree.

Rissa: To travel to Northern California and cook food for my family.

ASIA: TO COOK WITH MY MOM AND OPEN ONE GIFT.

Alicia: To decorate my house.

Debbie: To adopt families for Christmas.

Briana: Holiday baking



Randy's NFL Update 2018

Thursday November 22nd

- ◇ Chicago Bears vs. Detroit Lions: 23 – 16
- ◇ Washington Redskins vs. Dallas Cowboys: 23-31
- ◇ Atlanta Falcons vs. New Orleans: 17-31

Sunday November 25th

- ◇ New England Patriots vs. New York Jets: 27-13
- ◇ Jacksonville Jaguars vs. Buffalo Bills: 21-24
- ◇ New York Giants vs. Philadelphia Eagles: 22-25
- ◇ Miami Dolphins vs. Indianapolis Colts: 24-27
- ◇ San Francisco vs. Tampa Bay Buccaneers: 9-27
- ◇ Oakland Raiders vs. Baltimore Raven: 17-34
- ◇ Cleveland Browns vs. Cincinnati Bengals: 35-20
- ◇ Seattle Seahawks vs. Carolina Panthers: 30-27
- ◇ Arizona Cardinals vs. LA Chargers: 10-45
- ◇ Pittsburgh Steelers vs. Denver Broncos: 17-24
- ◇ Green Bay Packers vs. Minnesota: 17-24



Upcoming...

On December 24th 5:15pm

Denver Broncos vs. Oakland Raiders

"Snowflakes"

Falling from the sky were white snow-
flakes as deep like the snow when
you glide

With your eyes as bright as a star on
the Christmas tree

There was a polar bear with his family
around the fireplace singing Christmas
songs

The stockings were hung

The weather was cold

when you play in the snow and think
about the north pole

You see the children glow because
they know

that Santa clause is watching on his
snowy white silver globe

-Big Rob

ANNOUNCEMENTS

COME JOIN US AT THE NEXT SDPF QUARTERLY MEETING



DATE AND TIME:

Monday, February 11th
9:30am—1:30pm

LOCATION:

Ballard Parent Center
2375 Congress Street
San Diego, Ca

Questions?:

619-688-3323





“Soap Designs by Sydney”

A MICRO-ENTERPRISE

to look out for...

“Soap Designs by Sydney” originated when Sydney was 8 years old. Sydney found comfort in being creative and making beautiful soaps, so we decided to sell to friends and family and give back a portion to three types of organizations close to our family’s heart...autism, vision services and breast cancer.



Each soap comes with an “awareness packet” and valuable information about Sydney, the environment and her passion. Part of the awareness packet includes her business card with the following message about her soaps, “Like autism, no two are alike. Each one is unique and made with love.”

Sydney was born with a vision impairment. She has limited vision in her left eye and is totally blind in her right eye. She was diagnosed with autism when she was three and a half. Now at age 24, Our little family business has grown into something much bigger. Through numerous fundraisers, craft fairs, special orders and special events, we have given back to over 60 different organizations like Braille Institute, American Heart Association, Autism Tree Project Foundation, American Cancer Society. These organizations are close to Sydney and our family’s heart.

Sydney is extremely passionate about recycling, world peace, and especially the environment. She wants to make the world a better place. Sydney enjoys donating her time to “I Love a Clean San Diego”, San Diego Food Bank and Feeding America.



"Soap Designs by Sydney"
Handmade specialty soaps made with love

Like autism, no two are alike. Each one is unique & made with love~

Your donation will help raise money and awareness for Autism, Breast Cancer and the Braille Institute

For Special Orders and Comments:
dianatoy@cox.net 619.462.0566
"Always for the Love of Sydney" <3

